

Yoga Therapist Course

December 2024 – November 2026

Structure

Manushi International Yoga Therapist course, which comprises five levels, each consisting of five modules, totalling 25 modules. The course appears to offer a hybrid combination of in-person and online learning, as well as fully online learning, with various components aimed at providing a comprehensive learning experience. Here's a breakdown of the key components you mentioned:

Course Structure:

Levels: 5 levels in total.

Modules: Each level has 5 modules, for a total of 25 modules.

Module Duration:

Each module is 30 hours in duration.

Practicum:

There is a practicum/clinical experience component.

The practicum consists of 160 hours.

Components of the Module:

Live In-person (Residential Training): This type of learning involves teachers and participants who are gathered concurrently in the same location.

Live Online (Synchronous): This type of distance learning takes place with teachers and participants present concurrently and involves live communication. If two-way communication is not available during the presentation, students must be able to contact faculty by phone or email for technical support and content questions.

Prerecorded (Asynchronous): This type of distance learning involves pre-recorded material prepared by the teachers. Students may progress through the work at their own pace, typically following set deadlines. Students must be able to contact faculty by phone or email for technical support and content questions.

Self-paced Home Study: Self-guided study materials that can be accessed and completed at your own pace.

Practicum Delivery Hours: The amount of time a student leads the delivery of one-on-one or group yoga therapy sessions in real time. During practicum delivery, a student takes responsibility for the full delivery of the yoga therapy session, whether observed or non-observed by mentors and/or classmates. Depending on when protocol development takes place, it can be counted under practicum delivery hours or practicum documentation and mentorship hours.

Mentoring Sessions: One-on-one or group sessions with mentors or instructors for guidance and support.

This comprehensive approach to the course, blending both in-person and online elements, as well as practical experience and mentoring, is designed to provide students with a well-rounded understanding of yoga therapy and the skills needed to apply it effectively. It seems like a structured and holistic program for those interested in becoming yoga therapists.

Schedule for December 2024 – November 2026

Levels	Mode of the Program	Date	Subject Focused
1	Residential	December 26 – January 4	Yoga Therapeutic Skills
	Online Direct	January – April (Every Saturday & Sunday)	Module 2 - 4
2	Online Direct	May – August (Every Saturday & Sunday)	Module 5 - 10
3	Online Direct	September – December (Every Saturday & Sunday)	Module 11-15
4	Online Direct	January-May (Every Saturday & Sunday)	Module 16 - 20
5	Online Direct	July - November (Every Saturday & Sunday)	Module 20 - 25

Quality Policy

At Manushi Institute of Yoga, our commitment to excellence is unwavering. We strive to deliver the highest standard of training in the field of Yoga Therapy. Our quality policy is built upon the following principles:

Systematic Training: We adhere to a structured and systematic training approach, ensuring that our programs are well-organized, effective, and easy to follow.

Scientific Approach: We employ a scientific methodology based on recent research and blend it with tradition in our training programs. By leveraging evidence-based practices, we ensure that our students receive the most accurate and up-to-date information.

Language Flexibility: We offer the flexibility to choose the language of instruction, ensuring that our students are comfortable and can learn in a language that suits them best.

24/7 Availability: Learning should not be limited by time constraints. Our training is available 24/7, allowing students to access resources and materials at their convenience.

Experienced Trainers: Our trainers are highly experienced, holding Doctorates in Yoga and Doctors in Ayurveda and Allopathy. They are knowledgeable in their respective fields and bring a wealth of expertise to the training, enriching the learning experience.

Individual Care: We recognize that each student is unique. Therefore, we provide individualized support and guidance to ensure that every student's learning needs are met.

Our commitment to these principles is a testament to our dedication to providing the highest quality training possible. We continually assess and improve our programs to ensure that we meet and exceed the expectations of our students.

Outcomes of the Manushi Yoga Therapy Program:

Comprehensive Understanding: Students develop a comprehensive understanding of yoga therapy, including its principles, techniques, and applications in addressing various physical, mental, and emotional health challenges.

Practical Skills: Graduates acquire practical skills in designing and implementing personalized yoga therapy programs tailored to individual needs and conditions.

Evidence-Based Practice: Students learn to integrate evidence-based research findings with traditional yogic principles to ensure the effectiveness and safety of their therapeutic interventions.

Professional Competence: Upon completion of the program, students demonstrate professional competence in conducting assessments, developing treatment plans, and delivering yoga therapy sessions in clinical and non-clinical settings.

Client-Centered Approach: Graduates adopt a client-centered approach, emphasizing collaboration, empathy, and respect for the autonomy and preferences of their clients throughout the therapeutic process.

Ethical Awareness: Students develop a strong ethical foundation, understanding their responsibilities as yoga therapists, including maintaining confidentiality, upholding professional boundaries, and practicing with integrity and compassion.

Continued Growth: Graduates are equipped with the skills and knowledge to pursue further professional development and specialization in specific areas of yoga therapy, contributing to ongoing growth and advancement in the field.

Overall, the outcomes of the IAYT program empower graduates to make meaningful contributions to the health and well-being of individuals and communities through the transformative power of yoga therapy.

Highlights of Manushi IAYT Program:

Historical Significance: The Manushi Institute is situated in Chidambaram, renowned as the "wisdom atmosphere," with a profound history steeped in yoga and spirituality. The region boasts associations with prominent figures such as Lord Dhanvantri, Patanjali, Vyaghrapada, and numerous others within the yogic tradition.

Holistic Curriculum: The program offers a holistic curriculum that fulfills the competency standards of IAYT (International Association of Yoga Therapists), integrating traditional yogic principles with modern scientific research. This approach provides students with a comprehensive understanding of yoga therapy.

Experienced Faculty: Students benefit from instruction by highly experienced faculty members who hold Doctorates in Yoga and Doctors in Ayurveda and Allopathy. These experts bring a wealth of knowledge and expertise to the training, enriching the learning experience.

Flexible Learning Options: The program offers flexible learning options, including live in-person sessions, live online classes, prerecorded materials, and self-paced home study. This flexibility allows students to balance their studies with other commitments and learn at their own pace.

Language Flexibility: Students have the option to choose the language of instruction, ensuring that they can learn in a language that best suits their preferences and comfort level.

Practical Experience: The program includes practicum delivery hours, during which students lead one-on-one or group yoga therapy sessions under the guidance of experienced mentors. This hands-on experience allows students to apply their knowledge in real-world settings and develop practical skills.

Individualized Support: Recognizing that each student is unique, the program provides individualized support and guidance to ensure that students' learning needs are met. Mentoring sessions with instructors offer additional opportunities for personalized feedback and assistance.

Quality Assurance: The program is committed to excellence and continuously assesses and improves its curriculum and teaching methods to ensure the highest quality of training. This dedication to quality assurance ensures that graduates are well-prepared to excel in their careers as yoga therapists.

Overall, the Manushi IAYT program stands out for its comprehensive curriculum, experienced faculty, flexible learning options, practical experience, individualized support, and commitment to quality assurance, making it an excellent choice for those seeking to become certified yoga therapists.

This comprehensive program not only prepares students for a career as registered Yoga Therapists but also immerses them in a rich and historically significant environment for the

study and practice of yoga. It emphasizes the holistic well-being of individuals and contributes to the broader aim of promoting happiness and freedom for all.

Completion Requirements:

Attendance: Attend all required modules and/or complete all make-up hours as necessary to fulfill the course's time requirements.

Active Participation: Engage in all modules with enthusiasm and active involvement in the learning process.

Submission of Assignments: Submit all completed journals, written assignments, case studies, clinic hours records, mentoring hours documentation, and all reporting sheets and materials as specified by the program.

Final Exam Performance: Achieve a minimum grade of at least 80% on the Final Exams for each required module.

Overall Course Exam Performance: Attain a minimum grade of at least 80% on all course exams.

These requirements ensure that students are actively engaged, demonstrate their understanding of the course material through exams, and complete practical components such as case studies and clinic hours, which are essential for gaining hands-on experience in yoga therapy.

Meeting these requirements demonstrates a student's commitment to the program and their readiness to become a certified International Yoga Therapist.

Fee Structure

For foreign candidates in Dollar USD \$						India Rs
Levels	Enrolment fee	Exam fee	Course fee	Study Material Fee	Total	
1	60	20	450	20	550	42000
2	10	20	450	20	500	40000
3	10	20	450	20	500	40000
4	10	20	450	20	500	40000
5	10	80	450	20	560	50000
			Grand total		2610 USD	2,12,000

Syllabus of Manushi Yoga Therapy 2024 – 2026

Lesson	Date	Learning Outcomes	Subject Focus On
Module 1			Therapeutic Yoga Foundations
Lesson 1	Residential December 20-29		Introduction to Yoga Therapy
	Online January 4,5,11,12,18, 19,25,& 26	By the end of this lesson, students should be able to demonstrate a comprehensive understanding of yoga therapy, its historical context, and practical applications. They should be capable of identifying the benefits and steps involved in the yoga therapy process and effectively participate in planning and goal-setting for therapeutic outcomes.	The Yoga Therapy Process - Characteristics of the Yoga Therapy Process - Historical Development of the Yoga Therapy Process - Problem-solving and the Yoga Therapy Process - Benefits of the Yoga Therapy Process - Steps of the Yoga Therapy Process - Goal of Outcome Identification and Planning Step
Lesson 2			Applied Anatomy & Physiology
	February 1,2,8,9,15,16, 22&23	By the end of this lesson, students should be able to demonstrate an in-depth understanding of the anatomical and physiological principles underlying human movement, particularly in the context of yoga. They should be able to apply this knowledge to enhance their yoga practice, ensure proper alignment, and prevent injuries.	Integration of Biomechanics, Tensegrity, and Fascial - Skeletal system: bones and joints in anatomical position - Main muscles of the body as seen in anatomical position - Bio mechanism of Asana - Active stretching (as) versus active assisted stretching (aas) - Hip and spinal Movement
Lesson 3			Application of Traditional Yoga Texts for Yoga Therapy
	March 1,2,8,9,	By the end of this lesson, students should be able to apply the teachings of the Bhagavad Gita to	Bhagavad Gita , Summary of the 18 chapters - Bhagavad Gita, Cause of sorrow - laws of nature, Health and Healing - Therapeutic significance of Bhagvad Gita - inner battle of

		yoga therapy, utilizing its wisdom to address physical, mental, and emotional health. They should understand key philosophical concepts and their practical applications in fostering holistic healing and personal growth.	life- The interplay of Prakriti and Purusha - Law of karma - vasanas and samskaras- The nature of right action - How to recognize and avoid a variety of psychological traps
	15,16,22,23, 29& 30	By the end of this lesson, students should be able to demonstrate a comprehensive understanding of the Patanjali Yoga Sutra and its application in yoga practice. They should be able to identify key concepts such as kriya yoga, kleshas, drashta and drshya, and the components of antahkarana. Additionally, they should understand the significance of artha, bhava, and klesha, as well as recognize and address the obstacles to progress in their yoga practice.	Patanjali Yoga Sutra - Patanjali Yoga Sutra - Kriya Yoga-Theory of Kleshes Drashttr (seer), drshya(seen); - Antahkarana citta (consciousness), & citta vritti (activities of the mind), - Artha (cognition), bhava (mood), & klesha (affliction); antaraya (obstacles to progress in yoga).
Lesson 4			Yoga Therapy for Geriatrics
	April 5,6,12,13,19, 20,26&27	By the end of this lesson, students should be able to design and implement yoga therapy sessions tailored for geriatric individuals, incorporating adapted poses, chair yoga, and the use of props. They should understand how to use yoga to improve flexibility, mobility, and respiratory function, manage pain, and enhance emotional well-being in elderly	Adapted Poses & Using Props -Chair Yoga - Improved Flexibility and Mobility -Mudra for elderly people - Pain Management - Pranayama for Enhanced Respiratory Function - Restorative Yoga - Emotional Well-being

		populations.	
Lesson 5			Yoga Therapy for Neurological Disorders
		By the end of this lesson, students should have a comprehensive understanding of the nervous system and the impact of various neurological disorders. They should be able to design and implement yoga therapy programs tailored to individuals with neurological conditions, leveraging specific yoga techniques to address symptoms and improve quality of life for those with Alzheimer's, Parkinson's, MS, migraines, and peripheral neuropathy.	Introduction to the Nervous System - Neurophysiology - Neurodegenerative Diseases & Neurological Disorders - Yoga Therapy for Alzheimer's Disease - Yoga Therapy for Parkinson's Disease - Yoga Therapy for Multiple Sclerosis (MS) - Yoga Therapy for Migraine - Yoga Therapy for Peripheral Neuropathy
Module 2			Yoga Therapy Applications
Lesson 6			Exploring Yogic Anatomy (Pancha Kosha)
	May 3,4,10,11, 17,18,24, 25&31	By the end of this lesson, students should have a thorough understanding of yogic anatomy, particularly the Pancha Kosha model and its components. They should be able to explain the interplay between doshas, gunas, vayus, and other subtle elements, and apply this knowledge to promote health and balance through yoga practices.	Pancamaya kosha (fundamental structure of the human system); - Subtle anatomy -Tri-dosha (effect of the elements on the physical body) - Tri-guna (effect of sattva [equilibrium],rajas [activity], tamas [inertia]) - Prakrti/vikrti (dosha constitution at birth/imbalance of the dosha currently expressed in the body) - Ama (undigested food, emotions, etc., accumulated in the body) - Agni (internal fire(s) and their contribution to health) - Prana vayu (prana, apana, vyana, udana, samana) - prana prakopa (disturbance of the vayu) - surya/chandra (sun/moon) - brmhana/langhana (expansion/contraction)
Lesson 7			Yoga Therapy for Respiratory Health
	June 7,8,14,15, 21,22,28 &29	By the end of this lesson, students should have a comprehensive understanding of the respiratory system, its functions, and common	Introduction to the Respiratory System - The Mechanics of Breathing - Respiratory System in Yogasana - Defense Mechanisms of the Respiratory System - Respiratory Pathophysiology - Yoga Therapy for Allergic Rhinitis & Sinusitis - Yoga Therapy

		pathologies. They should be able to apply yoga therapy techniques to address various respiratory conditions, including allergic rhinitis, sinusitis, obstructive and restrictive lung diseases, and infectious diseases, to enhance respiratory health and overall well-being.	for Obstructive lung diseases: asthma, chronic bronchitis, emphysema - Yoga Therapy for Restrictive lung diseases: pulmonary fibrosis, sarcoidosis - Yoga Therapy for Infectious diseases: pneumonia, tuberculosis
Lesson 8			Yoga Therapy for Cardiovascular disorders
	July 5,6,12,13, 19,20,26& 27	By the end of this lesson, students should have a comprehensive understanding of the cardiovascular system, its anatomy and physiology, and the regulation of cardiac function. They should be able to apply yoga therapy techniques to manage and support various cardiovascular and vascular disorders, including coronary artery disease, heart failure, hypertension, atherosclerosis, aneurysms, and peripheral artery disease, enhancing cardiovascular health and overall well-being.	Introduction to the Cardiovascular System - Anatomy of the Heart - Cardiac Physiology - Regulation of Cardiac Function - Yoga Therapy for Cardiovascular Diseases - Coronary artery disease - Heart failure - Hypertension -Yoga Therapy for Vascular Disorders - Atherosclerosis - Aneurysms - Peripheral artery disease
Lesson 9			Yoga Therapy for Fertility and Pregnancy
	August 2,3,9,10,16,17,23,24,30&31	By the end of this lesson, students should have a comprehensive understanding of how to use yoga therapy to support fertility and pregnancy. They should be able to design and implement safe and effective yoga practices	Introduction to Prenatal Yoga - Anatomy and Physiology of Pregnancy - Yoga in the First Trimester - Yoga in the Second Trimester - Yoga in the Third Trimester - Yoga for Labor and Delivery - Postpartum Yoga - Yoga for Fertility - Yoga Poses for Enhancing Fertility - Holistic Approaches to Fertility

		for each stage of pregnancy, labor, delivery, and postpartum recovery. Additionally, they should be able to apply yoga techniques and holistic approaches to enhance fertility and promote overall reproductive health.	
Lesson 10			Yoga Therapy for Menstrual Health and Menopause
	September 6,7,13,14, 20,21,27 &28	By the end of this lesson, students provide a comprehensive framework for understanding and applying yoga therapy to support menstrual health and manage menopause, ensuring a holistic and informed approach to women's health and well-being.	Introduction to Menstrual Health - Anatomy and Physiology of the Menstrual Cycle - Yoga During the Menstrual Phase - Yoga for the Follicular Phase - Yoga for the Ovulatory Phase - Yoga for the Luteal Phase - Yoga Therapy for Menstrual Disorders - Introduction to Menopause - Anatomy and Physiology of Menopause - Yoga for Mood Swings and Emotional Balance - Yoga for Bone Health and Osteoporosis - Holistic Approaches to Menopause
Module 3			Body and Mind Integration
Lesson 11			Psychological Concepts and Mind
	October 4,5,11,12, 18,19,25& 26	By the end of this lesson, students aim to provide a comprehensive understanding of psychological concepts and the mind, encompassing a broad range of topics from historical perspectives to modern scientific approaches.	Introduction to the Study of the Mind - Historical and Philosophical Perspectives - Types of Mind - Powers of Mind - - Relationship between the Brain and the Mind - Cognitive Neuroscience - Perception and Attention - Learning and Memory - Personality - Emotion and Motivation - Epigenetics
Lesson 12			Yoga Therapy for Psychology and Mental Health
	November 1,2,8,9,15, 16,22&23	By the end of this lesson, students aim to provide a comprehensive understanding of how yoga therapy can be applied to various	Introduction to Yoga Therapy for Mental Health - Anatomy and Physiology of Stress - Yoga for Anxiety Disorders - Yoga for Depression - Yoga for Trauma and PTSD - Yoga for Addiction and Recovery - Yoga for Bipolar Disorder - Yoga for Sleep Disorders

		psychological conditions, promoting overall mental health and well-being through tailored yoga practices.	
Lesson 13			Yoga Therapy for Cancer
	November 29&30 December 6,7,13&14	Develop practical skills in designing and implementing yoga therapy programs tailored to different types of cancer and individual patient needs. Analyze case studies and clinical applications to understand the efficacy of specific yoga practices, adapt yoga sessions for varying patient conditions, and evaluate the outcomes of yoga interventions in cancer care.	Introduction to Cancer - Cellular and Molecular Biology of Cancer - Types of Cancer - Genetic and Environmental Factors - Side Effects and Supportive Care - Psychosocial Aspects of Cancer - Yoga Therapy for Different Types of Cancer - Case Studies and Clinical Applications
Lesson 14			Power of Kundalini and Chakras Balance
	January 3,4,10,11, 24,25&31	Gain practical skills for integrating Kundalini Yoga and chakra balancing into daily life. Learn to design personalized practice routines and apply Kundalini and chakra therapies in various contexts. Explore case studies and real-world applications to incorporate these practices into holistic health and wellness programs effectively.	Introduction to Kundalini Energy and Chakras - The Seven Major Chakras - Kundalini Yoga Practices in Yoga Upanishads - Pranayama and Breathing Techniques - Meditation and Mantras - Asanas and Physical Practices - Balancing Techniques - Kundalini and Chakra Therapies - Psychological and Emotional Benefits - Practical Applications and Lifestyle Integration
Lesson 15			Yoga therapy for Special needs Child
	February 1,7,8,14,15,21,22&28	Gain practical experience through case studies and real-world applications. Learn to integrate yoga therapy into existing therapeutic and	Introduction to Yoga Therapy for Special Needs - Understanding Special Needs Conditions - Child Development and Anatomy - Assessing Individual Needs - Yoga Therapy for ADD/ ADHD - Yoga Therapy for Autism - Yoga for Motor Skills

		educational programs for children with special needs. Develop the ability to evaluate the outcomes of yoga interventions and adjust practices to optimize benefits for each child.	Development, - Yoga for Cognitive and Emotional Well-being - Communication and Social Skills - Case Studies and Practical Applications
Module 4			Yoga Therapy in Pain Care
Lesson 16			Yoga Therapy in Back Pain
	March 1,7,8,14,15,21,22,28& 29	Gain a thorough knowledge of the anatomy and physiology of the spine, as well as the various types and causes of back pain. Understand the pain mechanisms and neurophysiology related to back pain to better address and manage symptoms through yoga therapy.	Introduction to Yoga Therapy for Back Pain - Anatomy and Physiology of the Spine - Types and Causes of Back Pain - Understanding Pain Mechanisms and Neurophysiology Related to Back Pain - Integration with Medical Science - Professional Ethics and Scope of Practice - Therapeutic Application of Yoga - Yoga Therapy Assessments - Designing Yoga Therapy Programs - Adapting Yoga for Special Populations - Yoga therapy for seniors, pregnant women, and other specific groups
Lesson 17			Yoga Therapy in Arthritis
	April 4,5,11,12,18,19,25& 26 May 2&3	Develop skills in applying yoga therapy techniques specifically designed for individuals with arthritis. Learn to design and implement yoga programs that address the needs of arthritis patients, focusing on gentle movements, breathwork, and relaxation techniques to alleviate symptoms and improve joint health.	Introduction to Arthritis - Overview of arthritis: types, causes, and symptoms - Benefits and limitations of yoga therapy in managing arthritis - Anatomy and Physiology of Joints
			Yoga Therapy in Knee Pain
		Learn to adapt yoga therapy practices for special populations with knee pain, including seniors, athletes, and individuals with specific	Introduction to Knee Pain and Yoga Therapy - Overview of common causes of knee pain - Anatomy and Physiology of the Knee - Structure and function of the knee joint - Common knee conditions and their impact on mobility and function -

		<p>medical conditions. Understand how to modify yoga poses and techniques to ensure accessibility, safety, and effectiveness for diverse groups, taking into account their unique needs and limitations.</p>	<p>Understanding pain mechanisms and inflammation in the knee - Therapeutic Application of Yoga - Yoga Therapy Assessments - Designing Yoga Therapy Programs - Adapting Yoga for Special Populations</p>
			Yoga Therapy for Shoulder Pain
		<p>Design personalized yoga therapy programs tailored to the unique needs of individuals with shoulder pain. Learn to adapt yoga practices for special populations, such as seniors, athletes, and individuals with specific shoulder conditions. Ensure the safety, accessibility, and effectiveness of yoga therapy for diverse groups, taking into account their varying abilities and limitations.</p>	<p>Introduction to Shoulder Pain - Overview of common causes of shoulder pain - Anatomy and Physiology of the Shoulder - Common Shoulder Conditions and their Impact on mobility and Function - Understanding Pain Mechanisms and inflammation in the Shoulder - Yoga Techniques and Practices - Therapeutic Application of Yoga - Yoga Therapy Assessments - Designing Yoga Therapy Programs - Adapting Yoga for Special Populations</p>
Lesson 18			Ayurvedic Yoga for Vibrant Life
	<p>May 9,10,16,17, 23,24,30& 31</p>		<p>Introduction to the philosophy of Ayurveda - Moksha and Muktatma Lakshana and upaya & Swastha - Tri doshas, Vata, Pitta, Kapha - Dhaatus, Malas, Ama - Pancha Karma - Dinacharya and Ritucharya</p>
Lesson 19			Yoga Therapy for Hormonal Balance
	<p>June 6,7,13,14,27 &28</p>		<p>Introduction to Endocrine Glands and Hormones - Hormones: classification, synthesis, secretion, and functions - Integration with Physiology and Pathophysiology- Current research in endocrinology - Yoga therapies for endocrine disorders - Axis of HPT, HPA, and PNEI - Yoga therapy for Hormonal Balance</p>
Lesson 20			Plant-Based Nutrition Guide for Yoga Therapists
	<p>July</p>		<p>Introduction to Plant-Based Nutrition and</p>

	4,5,11,12, 18,19,25& 26		Yoga Therapy - Overview of plant-based diets: definitions and variations (e.g., vegetarianism, veganism) - Introduction to Yoga Therapy: Principles and Applications in holistic health - Integration of Nutrition and Yoga for overall well-being - Basics of Nutrition - Plant-Based Nutrition Principles - Yoga Philosophy and Nutrition - Designing personalized nutrition plans for yoga therapy clients - Research and Evidence-Based Practice - Lifestyle and Behavioral Aspects
Module 5			Yoga Therapy for Digestive and Excretory Disorders
Lesson 21			Yoga Therapy for Digestive and Excretory Disorders
	August 1,2,8,9,15, 16,22,23,29& 30		Introduction to Digestive and Excretory Systems - Overview of the digestive system: organs, functions, and processes (ingestion, digestion, absorption, and elimination) - (kidneys, urinary system, excretion of waste) - Interrelationship between digestive and excretory systems - Yoga Therapy for Common Digestive Disorders - Gastroesophageal reflux disease (GERD) - Peptic ulcers - Irritable bowel syndrome (IBS) - Inflammatory bowel diseases (IBD): Crohn's disease, ulcerative colitis - Celiac disease and gluten sensitivity - Gallstones and gallbladder disease - Yoga Therapy for Common Excretory Disorders - Chronic kidney disease (CKD) - Acute kidney injury (AKI) - Urinary tract infections (UTIs) - Kidney stones (nephrolithiasis) Disorders of fluid and electrolyte balance (e.g., hyponatremia, hyperkalemia)
Lesson 22			Yoga Therapy for Weight Loss
	September 5,6,12,13, 19,20,26& 27		Introduction to Yoga Therapy for Weight Loss - Principles and Applications for weight management - Causes, Health Implications, and Challenges - Benefits of Yoga Therapy in supporting weight loss and Healthy Lifestyle Changes - Yoga Philosophy and Mindfulness - Yamas and Niyamas (ethical guidelines in Yoga) related

			to diet and lifestyle - Mindfulness practices in eating and daily activities - Developing a positive body image and self-compassion through yoga - Yoga Therapy for Digestive Health - Poses and sequences to improve digestion and metabolism - Yoga practices to reduce cravings and promote healthy eating habits - Understanding the gut-brain connection and its impact on weight management
Lesson 23			Yoga Therapy for Diabetes Mellitus
	October 3,4,10,11, 17,18,24, 25 &31		<p>Introduction to Yoga Therapy for Diabetes Mellitus - Types, causes, and Management - Introduction to Yoga Therapy: principles and Applications for diabetes management - Benefits of Yoga Therapy in improving insulin sensitivity and Blood Glucose Control - Mindfulness Practices in managing stress and Emotional Well-being - Developing a positive mindset and self-care through yoga - Yoga Asanas (Poses) for Diabetes Management - Selection of yoga asanas beneficial for diabetes mellitus - Gentle sequences to improve circulation and nerve function - Poses to strengthen core muscles and support overall physical health - Pranayama (Breathing Techniques) and Meditation - Pranayama techniques to enhance respiratory function and oxygenation - Meditation practices for mental clarity and emotional balance - Yoga for Digestive Health and Metabolism - Poses and sequences to improve digestion and nutrient absorption - Yoga practices to regulate appetite and support healthy eating habits - Understanding the role of gut health in diabetes management - Nutrition and Diet Guidance</p> <p>Basics of nutrition: carbohydrate counting, glycemic index, and balanced eating - Integrating yoga principles with dietary guidelines for stable blood sugar levels - Lifestyle Modifications and Behavioral Change - Strategies for integrating yoga into daily routines for diabetes management - Sleep hygiene and its impact on blood glucose control - Stress management techniques and their role in diabetes self-care</p>

Lesson 24			The Business of Yoga Therapy
	November 1,7,8,14&15		Knowledge of current relevant local, state, and national laws and regulations impacting the work of a yoga - therapist. -Basic knowledge of business practices relevant to the work of a yoga therapist, including record-keeping, planning, and financial management
Lesson 25			Project